

# THE MRC CONNECTION

## JANUARY 2010 – HAPPY NEW YEAR!

Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601



### Inside this Newsletter:

Volunteer Highlights.....	1
Simple Steps to a Healthy New Year .....	2
H1N1 Situation Report.....	3
Training Calendar.....	4
EP & R Calendar .....	4
Outreach Calendar .....	5

### Welcome

#### new Volunteers in December

Vera Anderson

Donald Dickson

Jamelrett Graham

Peter Mercier

Dylan Moore

Cory Turner

*We look forward to  
working with you to  
help protect  
the health of the  
Peninsula!!*



## Volunteer Highlights

**Very special thank you to the following PenMRC volunteers who trained and worked in December:**

### TRAINING:

#### PenMRC Orientation:

Welcome to the New Horizons – Criminal Justice Students who completed their PenMRC Orientation on 12/14 and 12/15/2009:

Aman Arsad, Ariel Bobrick, Princess Brady, Samantha Cunningham, Renee Davis, Donald Dickson, Kymecia Flora, Victoria Fryatt, Brittney Garrison, Clifford Goodson, Jamelrett Graham, Christopher Heard, Brittany Knarr, Amy Kurtz, Heather McFadden, Gary McMullen, Meghan Meares, Peter Mercier, Paige Miller, Dylan Moore, Nicholas Polanco, Emily Thompson, and Cory Turner

A total of 48 volunteer training hours.

### OUTREACH:

#### Blood Pressure Screenings and Health Information sharing in underserved areas:

Brenda Sarno, Carolyn Conley, and Mary Loesch  
A total of 34 BP's and 8.5 hours.

#### PenMRC monthly office support:

Fran Doyle for helping out with office support to help keep everything straight!  
A total of 25 office support hours.  
Fran has logged over 200 volunteer hours in 2009!

**Total of 81.5 volunteer training and outreach hours!**

**Many hands make light work!!**

**Thank you to each of you for your work as a PenMRC volunteer. PenMRC relies on your dedication and your commitment to help fulfill its mission.**

**Volunteers Protecting the Health of the Peninsula**

**CDC 2009 H1N1 Influenza A - Updates for COCA Partners - December 23, 2009**

***"To be shared widely" per Capt. Rob Tosatto –***

***Director, Office of the Civilian Volunteer Medical Reserve Corps***

Dear Friend:

You may have noticed the spread of the H1N1 flu decreasing lately. And in between all the holiday festivities and to-do lists, you may be asking whether getting the vaccine is still important. What many don't know is that flu season typically lasts through May, and that past pandemics have occurred in waves. In other words, it's possible that we will see another increase in H1N1 and/or seasonal flu in the months ahead. Below are some useful tips provided by the U.S. Department of Health and Human Services for you to share with your family and friends as you celebrate the holiday season.

**3 SIMPLE STEPS TO A HEALTHY NEW YEAR**

1. **Add the Vaccine to Your Wish List** – Getting vaccinated is the best way to protect yourself and your loved ones from the flu. To find the H1N1 and seasonal flu vaccine clinics nearest you, visit [FLU.gov](http://FLU.gov) and type in your zip code. The Department of Health and Human Services recently teamed up with Google Maps to create this handy flu vaccine locator. Go ahead, try it out!

NOTE: Many people at high risk for flu complications have received the H1N1 vaccine, so most states are opening their clinics to the general population. Please call ahead to the desired clinic location to confirm availability. Contact information is listed on the [FLU.gov](http://FLU.gov) vaccine locator.

2. **Be a Germ Stopper** – Cover your nose and mouth when you cough or sneeze, wash your hands often, and avoid touching your eyes, nose and mouth. Germs spread this way. Also, stay home if you are sick and avoid close contact with people who are sick. For additional information, see [how to prevent and treat the flu](#).
3. **Check the Facts and Stay Informed** – Visit [FLU.gov](http://FLU.gov) regularly for the latest information. Heard a rumor? Visit [Myths & Facts](#) to run a fact check.

If you've been vaccinated already, please share this with friends and family and let them know [why the H1N1 vaccine is safe and recommended by health experts](#). The 2009 H1N1 flu vaccine is made the same way as the seasonal flu vaccine. Millions of people have safely received the H1N1 vaccine, [including the President, First Lady and their children](#).

Also, consider posting a flyer at your work, school and local community centers. [FLU.gov](http://FLU.gov) offers [free outreach materials available in multiple languages](#).

Questions? Visit [FLU.gov](http://FLU.gov) or call the Centers for Disease Control and Prevention (CDC) hotline 1-800-CDC-INFO (1-800-232-4636), offering services in English and Spanish, 24 hours a day, 7 days a week.

Wishing you a happy, healthy New Year.

# 2009 H1N1 Flu (Swine Flu)

**2009-2010 Influenza Season Week 50 ending December 19, 2009**

**All data are preliminary and may change as more reports are received.**

## **Synopsis:**

During week 50 (December 13-19, 2009), influenza activity continued to decrease in the U.S.

- 306 (6.9%) specimens tested by U.S. World Health Organization (WHO) and National Respiratory and Enteric Virus Surveillance System (NREVSS) collaborating laboratories and reported to CDC/Influenza Division were positive for influenza.
- All subtyped influenza A viruses being reported to CDC were 2009 influenza A (H1N1) viruses.
- The proportion of deaths attributed to pneumonia and influenza (P&I) was below the epidemic threshold.
- Nine influenza-associated pediatric deaths were reported. Eight of these deaths were associated with 2009 influenza A (H1N1) virus infection and one was associated with an influenza A virus for which the subtype was undetermined.
- The proportion of outpatient visits for influenza-like illness (ILI) was 2.3% which is at the national baseline of 2.3%. Seven of the 10 regions (1, 3, 5, 6, 7, 8 and 10) reported ILI below region-specific baseline levels.
- Seven states reported geographically widespread influenza activity, 18 states reported regional influenza activity, the District of Columbia, Puerto Rico, and 13 states reported local influenza activity, the U.S. Virgin Islands and 11 states reported sporadic influenza activity, Guam and one state reported no influenza activity.

## U.S. Virologic Surveillance:

WHO and NREVSS collaborating laboratories located in all 50 states and Washington D.C., report to CDC the number of respiratory specimens tested for influenza and the number positive by influenza type and subtype. The results of tests performed during the current week are summarized in the table below.

	<b>Week 50</b>
<b>No. of specimens tested</b>	4,440
<b>No. of positive specimens (%)</b>	306 (6.9%)
<b>Positive specimens by type/subtype</b>	
<b>Influenza A</b>	303 (99.0%)
<b>A (2009 H1N1)</b>	233 (76.9%)
<b>A (subtyping not performed)</b>	66 (21.8%)
<b>A (unable to subtype)*</b>	4 (1.3%)
<b>A (H3)</b>	0 (0.0%)
<b>A (H1)</b>	0 (0.0%)
<b>Influenza B</b>	3 (1.0%)

\*Subtyping results for all four specimens in this category were inconclusive because of low levels of viral RNA.

During week 50, influenza B viruses co-circulated at low levels with 2009 influenza A (H1N1) viruses. All subtyped influenza A viruses reported to CDC this week were 2009 influenza A (H1N1) viruses.

*Synopsis used is latest data available from CDC at time of newsletter printing.*

## PenMRC Training Calendar – January 2010

*Training is the gateway to serving with the PenMRC. Please remember to provide a copy of training certificates to the PenMRC Office upon course completion.*

Course/Event	Date	Time	Location	Instructor
CPR for Health Care Providers	Tuesday January 5	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045
Psychological First Aid	Wednesday January 13	7:00 PM – 9:00 PM	Stonehouse/James City County Watch for details via VVHS Training alert	PenMRC Volunteer Mary Begor Register via alert
CPR for Health Care Providers	Tuesday January 19	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045
CPR for Non-Medical	Monday January 25	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045
Mass Casualty Incident Management – Module 1 - Triage	Saturday February 27	9:00 AM – 2:00 PM	Tidewater EMS Council 6253 Center Dr. Norfolk, VA	Register at <a href="http://www.hrmmrs.org">www.hrmmrs.org</a> By 2/24/10

**Peninsula MRC Volunteers are required by the State of Virginia to have a current CPR certification in order to give a vaccination.**

*Mary Immaculate Hospital offers three American Heart Association CPR courses per month free of charge to Peninsula MRC volunteers.*

*If you have a current CPR certification, please mail or fax a copy to the PenMRC Office, otherwise please see the above schedule for an upcoming class and register.*

## PenMRC Emergency Preparedness & Response Exercises

Event	Date / Time	Location	Volunteers Duties Assigned
H1N1 Vaccination Clinics Peninsula and Hampton (field)	Please watch your email for VVHS alerts	Various	We need your help – Medical and Non-Medical

### Health Trivia Facts

Here's some miscellaneous fun and interesting trivia about your general health and body that you may not have known. Test Your Knowledge and Share What You Learn!

- It takes about 20 seconds for a red blood cell to circle the whole body.
- The air released from a sneeze can exceed the speed of how many miles per hour? (Go to page 5 for the answer).
- The longest word in English language is pneumonoultramicroscopicsilicovolcanoconiosis - an inflammatory lung disease caused by the inhalation of fine silica dust.
- How many bones are there in the human body? 206

## PenMRC Community Outreach Events – January 2010

*Volunteers – please remember to submit your hours and number of BP's to the Volunteer Coordinator immediately following the outreach.*

BP Screening and Health Info	Thursday January 7 10:00 am to 12:30 pm	Seton Manor Retirement 215 Marcella Rd Hampton	<b>VOLUNTEER NEEDED:</b> LPN or RN (1) Bi-Monthly – 1 <sup>st</sup> Thursday
BP Screening and Health Info	Thursday January 14 11:00 am to 1:00 pm	Denbigh Senior Center 15460 Warwick Blvd Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Friday January 15 10:00 am to 11:30 am	Checed Warwick 15315 Community Ln Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Wednesday January 20 9:00 AM to 10:00 AM	Clean Comfort 328 30 <sup>th</sup> St. Newport News	<b>VOLUNTEER NEEDED:</b> LPN or RN (1) Monthly – 3 <sup>rd</sup> Wednesday
BP Screening and Health Info	Thursday January 21 1:00 pm – 2:30 pm	Christian Village 600 Arbor Ct Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Monday January 25 2:00 pm – 3:30 pm	Langley Village Foley Ave Hampton	Volunteered – Pat Wharry
BP Screening and Health Info	Tuesday January 26 2:00 pm – 3:00 pm	Wellesley Commons 51 Wellesley Dr. Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Tuesday January 26 2:00 pm – 3:30 pm	Mennowood Retirement Warwick Blvd Newport News	Volunteered – Carolyn Conley
BP Screening and Health Info	Wednesday January 27 2:30 pm – 3:30 pm	Warwick SRO 2410 West Ave Newport News	Volunteered – Brenda Sarno
BP Screening and Health Info	Thursday January 28 2:00 pm – 3:30 pm	Stuart Gardens 1326 Gardens Dr Newport News	Volunteered – Jennifer Martinez
Kidney Early Evaluation Program	Saturday January 30 10:00 am – 2:00 pm	Tentative - TBD	Please watch for VVHS email alerts for details
Clinical Quality Assurance Program	Ongoing now through January 30, 2010 Flexible schedule	PHD Chronic Disease Clinic	Volunteered – Leona Wisoker, Karole Williams <b>VOLUNTEERS STILL NEEDED:</b> Data Entry (1)

Contact Teresa Blakeslee at (757) 594-8045 or [Teresa.Blakeslee@vdh.virginia.gov](mailto:Teresa.Blakeslee@vdh.virginia.gov) to volunteer

**The air released from a sneeze can exceed the speed of how many miles per hour?**

*If you guessed 100 mph, you are correct!*

## Contact Information

Peninsula Medical Reserve Corps  
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416 J Clyde Morris Blvd.  
Newport News, VA 23601  
Main: 757-594-8045  
Fax: 757-594-8612



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Please update your email address by logging in  
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[Teresa.Blakeslee@vdh.virginia.gov](mailto:Teresa.Blakeslee@vdh.virginia.gov)  
**Critical Email Alerts depend on this information.**

**Please bookmark these websites:**

PenMRC Website: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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